

CANADIAN CONTENT IN THE KENNEDYS

YOUNG JFK HAILS FROM ONTARIO (page 12) 101 WAYS TO EAT WINGS WILD WING'S FINGER-LICKIN' CHOICES (page 21)



INTENSE TIPS TO GET THAT BODY BUFF

{page 17}

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News worth sharing.





Cities getting the WORKS

The WORKS Gourmet Burger Bistro will be opening new locations this year in Barrhaven, London, Guelph, Kingston and Oakville. Fresh Brands purchased the Ottawa business in September.

No secret agenda: PM

Harper tries to play down hot-button issues {page 4}

Patents pending

Google eyes buying Nortel's patents, research {page 8}

Adviser's past haunts Harper

▶ PM says he would never have hired Bruce Carson had he known all the details ▶ Top adviser says he hid nothing in 2006 application

Bruce Carson says no one raised a red flag about his criminal past when he joined Stephen Harper's newly minted government as a top adviser.

Carson said in a rare interview that he mentioned his criminal history to Ian Brodie, Harper's then-chief of staff, in 2006 when completing an application for a Secret-level security clearance.

"Certainly, my belief is that I listed all of the criminal offences to which I had been convicted. I had a discussion with Ian Brodie about this," Carson told The Canadian Press.

"Because I didn't want to fill the whole thing out and then catch anybody by surprise."

Carson said he specifically asked Brodie if the disclosures would scuttle his chances of working in the Prime Minister's Office.

"I remember going to him and saying to him, 'I've got to fill out these forms. You know I have a criminal past. Should I go ahead and fill them out, or is that sort of the end?' He said, 'No, go ahead and fill them out,' and so I did."

The Canadian Press reported Sunday that Carson was convicted on five counts of fraud — three more than generally known — and received court-ordered psychiatric treatment before becoming one of the prime minister's closest advisers.

Brodie said yesterday that he was not aware of Carson's most recent criminal convictions, from 1990, until he read about them in the news. "I do not think Prime Minister Harper would have been aware of these more recent charges, either."

Decisions on security clearances for Prime Minister's Office staff are made in the Privy Council Office, the bureaucratic wing that serves the prime minister.

Harper said the government will have to do a better job of vetting employees following the weekend revelations concerning Carson, who is currently under preliminary investigation by the RCMP.

"I did not know about these revelations that we're finding out today. I don't know why I did not know," the prime minister said during an election campaign stop in rural Ontario.

"Had I known these things, obviously I would not have ... hired him."

The fresh disclosures raised questions about Harper's judgment in hiring Carson as his chief policy analyst and troubleshooter. roles he held until 2008.

The Liberals demanded to know how a man with five fraud convictions managed to get a job in the highest political office in the land.

THE CANADIAN PRESS



Teammates

- Stephen Harper was a freshfaced Reform MP when he first worked with Bruce Carson and the two "seemed to like each other," a former insider recalled.
- After Harper became leader of the new Conservative party in 2004, he invited Carson to an interview in his office — a meeting that led to a job.
- Carson was part of the transition team after the Conservatives defeated Paul Martin's Liberals, and he was subsequently invited to join the Prime Minister's Office.

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- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The Health Systems Improvement Act. 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

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Vandalism poses election roadblock

○ Two local candidates targeted **○** Vandals often difficult to catch: Police





Vandals have targeted signs belonging to a second federal Liberal candi-

Liberal candidate for West-Nepean, Anita Vandenbeld, was shocked to see her campaign signs defaced with rifle crosshairs over the weekend. "When I saw it I was quite disturbed," she said. "I'm disappointed that people would vandalize things in this way. It's shameful."

At least three of her signs were vandalized with black spray paint near Woodroffe Avenue.

Her fellow Liberal candidate, Ryan Keon for Nepean-Carleton, faced an even larger attack. About 100 of his signs were defaced throughout his riding with the same crosshairs, as well as profane and obscene messages.

"It was disappointing to have to explain this to my kids," said Keon. He estimated the damage to his signs cost him about \$2,000.

Both candidates have contacted Ottawa police.

Breaking the rules

Section 262 of the Canada Elections Act states that it is an offence to take down, remove, cover up, mutilate, deface or alter any printed advertisement, placard, poster or banner having reference to the election of a candidate without authority.

Police investigate bullet holes found in dwellings

Ottawa police are investigating shots fired on the 200 block of Forward Avenue Sunday night.

Officers responded to a call around 11 p.m. and found bullet holes in two townhouse units. Nobody was injured. • STEVE COLLINS

Hwy. 417 accident delays cars

The driver of a small truck was treated for minor injuries after his vehicle went onto the shoulder of Highway 417 westbound near Maitland Avenue and flipped over yesterday.

The crash snarled traffic on the highway. The driver was treated for a minor elbow injury at the scene.

STEVE COLLINS

New venue for transit meeting

Public consultations on changes to Ottawa's transit system in Orleans tonight are getting a venue change.

The meeting will now be held in the Theatre and Upper Lobby of the Orleans Client Services Centre, located at 255 Centrum Blvd., from 7 to 9 p.m.

METRO





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Allan Small on the market impact of the long-awaited news about U.S. job growth. More at metronews.ca



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Grits promise paid

Canadian soldiers can expect four years of government-paid education or technical training after they leave the military under a Liberal government, Liberal Leader Michael Ignatieff said yesterday.

He's billing the measure as something that could change the way soldiers are recruited in Canada.

'These are people who put their lives on the line for us and for the freedom of others," Ignatieff said, as he detailed the latest plank in his party's platform.

program would The cost about \$60 million a year.

The Liberal leader said the plan is permanent, calling it "by far the most ambitious program of support for veterans in a generation or two.

THE CANADIAN PRESS

ATLANTIC SUBSIDIES

Hydro project loan unfair: **McGuintv**

Ontario voters will not tolerate their tax dollars being used to subsidize lower electricity rates in Newfoundland and Labrador or

other provinces, Premier Dalton McGuinty warned yesterday.

McGuinty came out swinging at Prime Minister Stephen Harper's pledge of a \$4.2-billion loan guarantee for the Lower Churchill hydro project in Labrador, saying Ontario wants equal treatment from Ottawa. THE CANADIAN PRESS

Grits promise paid education for veterans Canadian soldiers can ex- for us and for the freedom Canadian soldiers can ex- for us and for the freedom marriage not on agenda: Harper

Prime minister tries to clear the air about supposed secret Tory priorities • Hot-button issues emerge as Conservatives aim for majority



Stephen Harper says Canadians don't have to worry about a secret agenda if they give him his first majority government.

The prime minister told supporters in the Niagara Falls region yesterday he would not try to pass laws

against abortion or samesex marriage if elected with a majority.

Harper was not asked and did not say whether he would support a private member's bill on the is-

In answer to a question from a reporter, Harper said he would implement promises in his platform if given a majority, stressing

those two issues are not a priority with the party.

He would, however, move to abolish the longgun registry, which he said has been a long-standing position of his party.

The Conservatives have long been plagued with the spectre of a secret agenda should they have enough seats in the House of Commons to override opposition checks, an issue that has dogged their campaign in past elections.

The issue is emerging again because some recent polls show the party within striking distance of forming a majority.

Harper is gearing up his campaign to pick up the additional dozen or so seats he needs for a majority. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS



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Layton pitches better pensions for Canadians

The NDP wants to see a big expansion of Canada's public pension system.

New Democrat Leader Jack Layton says the Canada Pension Plan has been long neglected by successive Conservative and Liberal governments.

The retirement security of millions of people has eroded over the last decade and his party intends to set it right, Layton said in Toronto.

THE CANADIAN PRESS

A Canadian Press Har-

ris-Decima poll put the Conservatives at 35 per cent support, ahead of the Liberals at 28 per cent. The NDP stood at 17 per cent, the Bloc Québécois at 10 and Greens at eight.

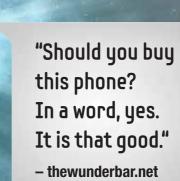
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Radioactive water dumped into Pacific

♠ More than 3 gallons purposely pumped from tsunami-crippled plant

Workers began pumping contaminated water from Japan's tsunami-ravaged nuclear plant into the Pacific Ocean yesterday, freeing storage space for even more highly radioactive water that has hampered efforts to stabilize the reactors.

It will take about two days to pump most of the less-radioactive water out of the Fukushima Dai-ichi nuclear complex, where cooling systems were knocked out by the earth-quake and tsunami on March 11. Radioactivity is

quickly diluted in the ocean, and government officials said the dump should not affect safety of seafood.

Since the disaster, water with different levels of radioactivity has been pooling throughout the plant. The pooling water has damaged systems and the radiation hazard has prevented workers from getting close enough to power up cooling systems needed to stabilize dangerously vulnerable fuel rods.

On Saturday, they dis-



covered radioactive water was pouring into the ocean. The less-radioactive water officials are purposely dumping is up to 500 times the legal limit for radiation. Workers plan to install screens made of polyester fabric to try to stop some of the contamination in the ocean from spreading. THE ASSOCIATED PRESS

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SPRING BUSINESS OUTLOOK

Canadian firms curb enthusiasm

Rising oil and food prices, along with the persistent strength of the loonie, are chipping away at plans by Canadian businesses to

hire and reinvest, the Bank near capacity. of Canada said yesterday.

Its spring business outlook survey shows that Canadian firms remain bullish about the future, but less so than three months ago. Overall, the survey shows that the economic recovery is advancing, and more firms, particularly in Prairies, are operating

But high prices for energy and food are having a negative effect on household spending, and the firms say they expect a more moderate pace of sales growth, investment and hiring over the next 12 months than in the previous year.

The latest survey was conducted between Feb. 14 and March 10 and involved senior management from 100 firms representative of the Canadian economy.

The Bank of Canada uses the findings in its deliberations over interest-rate policy, but nothing in the report suggests governor Mark Carney is primed to hike rates on April 12, the next opportunity.

THE CANADIAN PRESS



Deal to buy patents, research would propel Google into telecom market • Auction is set for June

Global tech titan Google Inc. wants to scoop up the Nortel Networks patent portfolio, and is willing to pay at least \$900 million US for the package, Nortel said yesterday.

Google's stalking-horse offer, for what is practically the last major asset to be sold by the bankrupt Canadian technology giant, will be the opening bid in an auction that could push the final price higher. The deal would provide legal rights to a broad range of telecom technologies.

Kent Walker, counsel for California-based Google, says its bid for the patents is a defence against "an explosion in patent litigation." Google hopes the patents will help it and its partners to innovate and also "create

Patents pending

Nortel was Canada's largest spender on R & D, but some of its work was either a technological dead end or too advanced for the times.

Google seeks about 6,000 patents including 4G wireless, data networking, optical, voice, Internet, semiconductor and other portfolios.

a disincentive" for others to sue Google, he said.

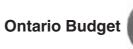
The ultimate monetary value of the patents is difficult to judge, since that depends on how useful they are in making products that generate revenue.

THE CANADIAN PRESS



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ENGAGING CHARACTERS

There comes a time in your mid- to late 20s when you start to realize that all of your friends are getting engaged. Suddenly, all of those long-term couples that seemed perfectly content to cohabitate are putting a ring on it and making it official.

hen announcing upcoming nuptials to friends and family, the newly betrothed can expect a diverse range of reactions. Jubilant shrieks of excitement are not uncommon, as are tactless inquiries about carat size from nosy co-workers. And while there are plenty of books on wedding etiquette, not everyone understands the proper protocol when it comes to engagements. Here are just a few of the not-so-well-mannered characters you might encounter after you announce that you are tying the knot.

The pressure-cooker friend

'So, have you picked a date ... thought about the flowers ... booked a photographer?" This hyperorganized pal will whip up a spreadsheet of wedding-related to-dos before you have even finished your first glass of celebratory champagne.

The desperate-to-be-in-the-wedding-party friend

Expect this friend to spend a lot of time reminding you just how close you are — the very ambitious campaigners might even deliver a Why I Deserve to Be Your Maid of Honour/Best Man speech in an attempt to secure a spot up at the altar. Alternatively, some friends will disappear from your radar entirely in the hopes you don't ask them to don pink taffeta on the big day.

The disapproving friend

Inevitably, some friends will choose the moments following your engagement to let you know how they really feel. Disapproving pals will complain about losing their fun single friend, inquire whether or not you are really ready for this commitment, and insinuate that maybe you could do better.

The why-couldn't-it-have-been-me friend

This Debbie Downer will find any way to turn your happy news into an "it's all about me" situation. After she offers a half-hearted "congratulations," you will find yourself consoling her while she hosts her own pity party and delivers a self-absorbed monologue on her own failed romantic life.

While there are plenty of wrong ways to behave around the bride and groom-to-be, there is really only one thing you need to know about post-engagement decorum: Act happy, even if you're not. If you want to be a good friend, send a card, but keep your opinions to yourself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Letters

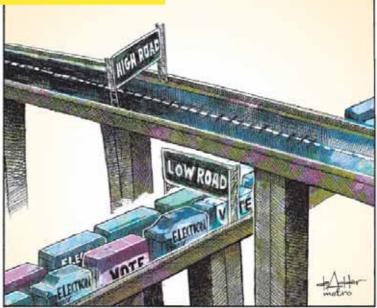
In reference to your article dated March 31, 2011, regarding Mr. Ihab El-Mismari, we would like to point out that we never threatened Mr. El-Mismari and that we never accused him of "treason."

The translation of our letter to Mr. El-Mismari that appeared in your article is simply incorrect. The issue with Mr. El-Mismari is rather a simple one. Mr. El-Mismari has resigned his post with the Libyan Embassy on Feb. 22, 2011. We asked Mr. El-Mismari to return the embassy's vehicle that is still in his possession as this vehicle is Libvan Embassy property. Neither Mr. El-Mismari nor the press should make more of this issue than it really is.

LIBYAN EMBASSY

EDITOR'S NOTE: A second independent translation confirmed the letter did not accuse El-Mismari of "treason," but instead said that if the vehicle was not returned, the embassy would contact the RCMP. The letter alleged that failure to return the vehicle would constitute "the crime of breach of

Cartoon by Michael De Adder



WEIRD NEWS

'Sacred' turtle puts up a fight in Vietnam

Veterinarians examined a rare giant turtle considered sacred by many Vietnamese at a makeshift hospital in Hanoi yesterday to check mysterious lesions afflicting one of the last four known members of its species.

The giant soft-shell turtle, which has a shell the size of a desk and is estimated to weigh approximately 200 kilograms, was pulled from a lake in the heart of the capital Sunday.

Tests were being run to try to pinpoint what is ailing the creature, said Tim McCormack, program co-ordinator of the Asian Turtle Program. He said photos taken of it in a holding tank showed injuries on its legs and elsewhere, but it was not yet clear how serious they are.

The animal is believed to be about 80 to 100 years old, though many Vietnamese believe it is the same mythical creature said to have helped King Le Loi fend off the Chinese nearly six centuries ago. It took 50 workers two hours Sunday to net the turtle and put it in a cage. It is the first time anyone has captured the creature, which escaped through two nets during a similar rescue attempt last month. THE ASSOCIATED PRESS

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Which city do you think will get an NHL team?



TODAY'S QUESTION: EAT ST. IS DEBUTING WEDNESDAY ON FOOD NETWORK CANADA. WHAT'S YOUR FAVOURITE STREET EAT?

Local tweets



@ryan_keon to Vandals: "I'm in this race until

Election Day!" http://t.co/8LkHlDQ #elxn41 #cdnpoli / GO RYAN

- @lanSkerrett: amazed the number of people who are claiming Google bought some patents; they just stared a bidding process.
- @ stwilson613: Headaches downtown #YOW. Blueline Taxi and an OC Transpo in accident in eastbound lane of MacKenzie King Bridge.

Traffic backed up.

- @mortolan: How does that old saying go? April showers - combined with freezing nighttime temperatures — bring May potholes ...? #vow
- ▶ @amykishek: Side-note: if you haven't been to Chez Fatima (Hull) before, u have not lived. Amazing Moroccan food + vibe, Fatima is the best! Go! #yow
- @erininthecity: Whyyy does it smell like BeaverTails outside my office?!? Can't wait for #ottawa!:)



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Arnold
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says his new animated TV
venture The Governator features
a "superheroic
guy" who gets
things done —
without
constraints like
laws to thwart
his action.
THE ASSOCIATED PRESS





Stepping into the shoes of an American legend

Canadian actor John White plays the young John F. Kennedy in The Kennedys mini-series



For Mississauga, Ont., native John White, shooting The Kennedys was as much a homecoming as a learning experience.

"I moved back with the

"I moved back with the parents during filming," says the Los Angeles-based actor who plays the young John "Jack" Kennedy in the miniseries, which was shot in and around Toronto last year. "On days off, I hung

around set and watched Greg Kinnear (who plays the older JFK) and others. Which is somewhat unusual. Usually on a film it's all about showing up, doing your job, and getting the hell out of the way. But the director (Jon Cassar) encouraged it."

The four-part, eight hour The Kennedys follows the famous family's tragedystrewn personal lives from the 1930s through John F. Kennedy's shortened presidency. Besides Kinnear, the behind-the-scenes drama stars Barry Pepper (as Bobby), Katie Holmes (Jackie) and Tom Wilkinson as family patriarch Joe Kennedy Sr.

It was Joe Sr. who first envisioned a presidency for his son; though not the son you'd expect.

"Joe favoured older son Joe Jr.," says White. "But after he was killed in the war, Jack sort of became the favourite son by default. And so he had to take the reigns."

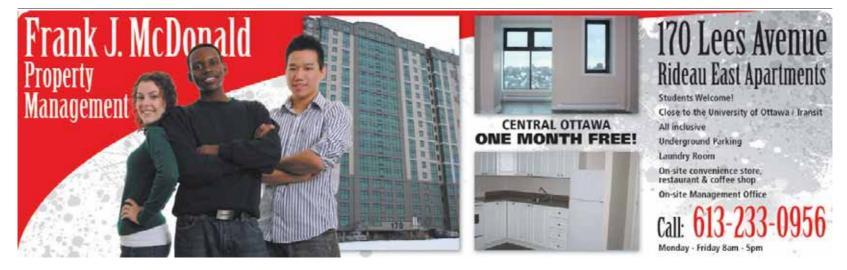
White — who is probably best known as Erik Stiffler from the American Pie movie series — says the Kennedys' familiar Boston-Harvard accent could get a little tricky at times. White says he honed it by watching old presidential speeches.

"You'd go a little too far with it sometimes," he said "But we had a great dialect coach. He'd help tweak the accent and tell you when it just wasn't good."

Though the Kennedy story is well-chronicled, White says there are a few things about John F. Kennedy that might shock people.

"I was surprised by how many health problems he had. But he dealt with it with a real wicked sense of humour. I read some of his personal letters, which are real funny. Can't repeat them here though."

Part one of The Kennedys, featuring John White, airs Sunday on History Television.



DVD Releases this week

Buy it ����� | Rent it ���� | Borrow it ��� | Yawn �� | Don't bother �

TRON's tech magic wows again

TRON: Legacy Genre: Scifi Director: Joseph Kosinski Stars: Jeff Bridges, Bruce Boxleitner

As dumb as the tech-heavy script was, and as primitive as the graphics were (today they look like an animated black light painting), the original was undeniably savvy about the future.

The long-tinkered sequel TRON: Legacy is similarly on the threshold of a new world. Appealing both to nostalgists and futurists, it modestly expands the original story and reunites two key cast members (Jeff Bridges and Bruce Boxleitner) while anticipating a near future of film where the aging of actors no longer matters.

In this latter regard, Bridges plays Flynn both



old and young: as a Godlike ancient, ruler of TRON's Grid game world; and as Clu, Flynn's viral and villainous digital alterego, the beneficiary of an electronic Fountain of Youth. Clu, a major reboot from the TRON original, is made from Photoshopping the recreated face of a 30something Bridges onto the body of a younger

The effect is simultane-

ously creepy and aweinspiring and the same can be said of the look of the picture. Add in Avatar-level 3-D and a soundtrack by French techno-ravers Daft Punk, and you have an experience that could blow the minds (and ears) of aging fanboys and nouveau hipsters alike.

Sadly, there is the story to contend with, and it's another reason why TRON: Legacy is almost there, but not quite there. The committee-written script is framed as a ho-hum rescue mission, in which Flynn's 27-year-old son Sam (Garrett Hedlund) zaps himself to the Grid, discovering a world of constant gamer warfare he's obliged to join.

Extras include deleted scenes, an audio commentary and numerous making-of featurettes.

O PETER HOWELL

Little Fockers Genre: Comedy

major box-office coin,

the once-great actor is

reduced to shilling for

the cheapest of laughs.
Little Fockers is the
third and demonstrably
worst in the series, and
De Niro's strained antics

are major reason for this. There is being a good sport and there is career suicide, and De Niro is skating perilously close to the edge.

The title refers not only to the inevitable offspring of Ben Stiller's in-law fearing Greg Focker and wife Pam (Teri Polo), but also to a vulgar surname pun that never was funny.

There are far too many extras, especially on the Blu-ray. They include a gag reel, deleted scenes and various featurettes.

PETER HOWELL





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SLATER STARS IN NEW TV COMEDY SERIES

television with Breaking In, a comedy about a company that tests security systems by trying to outsmart them with varying degrees of success. Metro caught up with Slater and co-star Brett Harrison (Reaper) at WonderCon for a less-thanserious chat about their new aia.

Your show has an episode that takes place at Comic-Con. right?

HARRISON: Yeah! The Comic-Con episode, we're hired to hand-deliver Goonies 2: the Legend of Sloth to the right people so a select group of nerdlings get to see this movie. And they don't want to have another Wolverine happening.

SLATER: So basically, the studio has got a special contest where a hundred

Christian Slater returns to lucky people get to come see this screening. Then what happens is the rest of the fans that don't get to go to this special screening are in an uproar, basically. We have the one copy of the movie and all of these people are coming out of the woodwork doing everything they can and all of these crazy kinds of disguises at Comic-Con.

Have either of you had much Comic-Con or WonderCon experience be-

HARRISON: I haven't been to WonderCon before this, but I've been to Comic-Con once, and it was great. It's like a circus, man. It's a lot of fun. SLATER: Me? No. This is a good way to start, though, right? I likey. This is good. O NED EHRBAR

Cowboys, aliens and Barbie, oh my

hand in a lent from most of this summer's biggest blockbusters reveal their tricks, toys and talents



San Francisco was overrun with superheroes this weekend, as movie stars, filmmakers and thousands of fans — many in elaborate homemade costumes - hit town for WonderCon.

Celebrating its 25th year, the convention is making a name for itself as a less-crazed alternative to July's San Diego Comic-Con, with a lower number of attendees and a more laid-back atmosphere. And with it's early April date, the smaller convention offers a much better opportunity for Hollywood studios to promote their summer fare — though three big comic book movies coming out in the next few months, Captain America, Thor and X-Men: First Class, were notably absent.

Gossip Girl star Blake Lively, who hit the convention to promote Green Lantern, in which she opposite Ryan stars Reynolds, was a bit preoccupied with a new career



milestone: "Did you guys see the Barbie?" she asked, pointing to a doll version of her Green Lantern character.

For Jon Favreau, the smaller event made him a little nostalgic. It reminded him of his first Comic-Con: "It was close to 10 years ago, if not 10," he savs. Favreau was in San Francisco to debut footage of his next film, Cowboys and Aliens, starring Harrison Ford and Daniel Craig, out this summer. The enthusiastic crowd responded excitedly to Favreau's presentation, which included a brief glimpse of the film's alien invaders.

Another director riding high during the convention was Tarsem Singh, who unveiled footage from November's Immortals, starring Henry Cavill recently cast as the next Superman — as a

mortal fighting on behalf of Greek gods. But the witty Singh stole the show, donning a homemade "I've been media trained" T-shirt. "The studio's whole thing was, 'We wish you had picked betterknown names," Singh remembers from when he cast Cavill in his film. 'When (Superman) happened, they were like, 'Oh! You picked the right



Silver fox learned to love surfing on set

▶ Poor Dennis Quaid: the Hollywood old-timer had to film his latest movie on the beach ▶ But it was worth it for the true tale Soul Surfer



There are worse jobs to have than learning how to surf in Hawaii for a role in a movie, and Dennis Quaid isn't complaining.

In Soul Surfer, Quaid plays the father of Bethany Hamilton, a teenager who lost an arm in a shark attack but went on to become a professional surfer.

Quaid sat down with Metro to talk surfing, working in Hawaii and having the person your playing standing just offscreen.

Had you heard of Bethany's

story before getting the script?

I saw Bethany on the Today show on her book tour about two Christmases ago. There was something about her that just struck me, how inspirational and special she was, at the same time being so normal. I just welled up hearing her story. Then they called me five days later and my agent said, "Do you know who Bethany Hamilton is? They want you to play her dad." So that was a pretty easy yes.

What was your reaction to her story?

It was inspiring, is really

what it was. And Bethany just took this horrific shark attack that happened to her and just made it a bump in the road of her life.

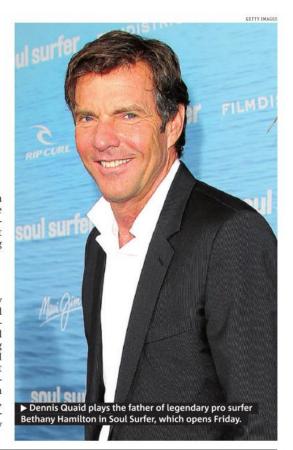
Had you done much surfing before the movie?

None at all. And it's really hard to learn. I had really great teachers and the benefit of time. Once you actually catch a wave and ride it, it's such a great feeling. I gave up golf for surfing for a while, which is a big thing for me. It was like two months that I had for training, all in Hawaii, where the water's warm. Now I surf back here and I

have a wetsuit that has a heating coil in it. Those winter months ... the water's, like, 87 degrees out there and 50-something degrees here. Big diff.

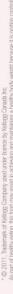
How much time did you spend with the Hamiltons?

They were on the set every day. The boys, Tim and Noah, were actually working on the crew, and Bethany was doing surfing in the film. Tom and I would play golf and surf. It was great for me, especially with Tom. I've played a lot of real people before, but it's nice to have somebody there. It makes my job easier, actually.





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metronews.ca

Charlie Sheen show: Disaster Recovery Tour

○ Torontonians try to unload tickets **○** Boos in Detroit, but ovations in Chicago **○** On-stage interview format goes over better with fans

After a disastrous first night in Detroit for his Violent Torpedo of Truth Tour, Charlie Sheen says he stayed up until 4:30 a.m. reworking the show for its second night in Chicago, where he was greeted with a standing ovation instead of boos, according to E! Online. "Got to go with what got you to the dance and give the people what they want," Sheen says.

"On the bus someone said, 'You know, we could just keep driving to LA.' I said, 'F-- that. That's what losers do. I won.'"

Scrapping the video segments and opening acts from the first night, the Chicago show reportedly consisted of Sheen sitting in a chair, smoking and being interviewed by the tour's co-producer.

In Toronto, Canadians hoping to make a profit off Sheen's upcoming tour dates have, thus far, not been winning.

The volatile star will perform in Toronto on April 14 and 15 and in Vancouver on May 2.

But Craigslist and Stubhub are already crowded with vendors looking to sell tickets at cost or below, and many of the hopeful sellers are reporting tepid interest — at best.

"It's been a pretty tough go," said 27-year-old Richmond Hill, Ont., resident Jordan Resnick, who has two pairs he's trying to move at face value on Craigslist.

"(I've received) pretty much no messages. I'm hoping to get rid of them at cost so I don't have a loss, but there might be a loss there even."

Sheen's second show in Chicago seemed to go more smoothly (with a grateful crowd lauding



Sheen with a standing ovation). He changed up the format for his 20-city road show after bombing in Detroit, using a master of ceremonies who asked the former Two and a Half Men star questions during Sunday night's

performance.

The changes seem to have helped. Audience members said the second performance on Sheen's tour wasn't stellar, but it at least had some amusing moments.

METRO/CANADIAN PRESS

Lohan hopes for work

Despite her legal troubles, Lindsay Lohan is reportedly eager to get back to work, and is eyeing a part in Zack Snyder's new "Superman" move, according to Radar Online. A source says she will read for the part on Wednesday. But with shooting set to begin in August, Lohan's availability remains a question. If she is found guilty of grand theft, she would lilely be serving jail time, the source says.

METR



Kiera has new rocker boyfriend

Keira Knightley has apparently moved on after her split from boyfriend Rupert Friend earlier this year, as the actress has reportedly been dating Klaxons keyboardist and singer James Righton, according to the Daily Mirror.

"She's extremely happy right now and really enjoying spending time with James. He's a real rocker and a lovely guy with it and she likes that whole scene — lately she's become far more rock and roll," a source says, being quick to add that the pair are keeping things pretty quiet at the moment.

"Keira's really smitten with James but wants to just quietly get on with it and see what happens. She certainly won't be stepping out on a red carpet with James in the near future. It's really early days."

METRO

Celebrity tweets



i am on the most beau-

tiful island i have ever been on and i am having the time of my life i really really miss my dogs!"



"You'd think grocery on sunday night would be quiet n fast!? Forget it, its so busy.

Why sunday? Go home..! hate lines....lol"

@samantharonson "The age your child is when I meet him/her is the age that child will remain to me. So don't be mad when i bring a rattle to HS graduation."



You tell me. Apparently, I was NOT cast as Will Smith's

son in an upcoming film because I was too old."

Hurley files for divorce

Elizabeth Hurley is ending her marriage and has filed divorce papers in London, according to Us Weekly. Hurley and Arun Nayar split last year after four years together. Hurley, who's been filming scenes for the Wonder Woman TV series, has reportedly been getting serious with Australian cricket star Shane Warne. • METRO

Kwantem deals with true blood

True Blood star Ryan Kwantem rushed to the aid of a bloodied man in Hollywood over the weekend, according to Us Weekly. "There was a bloody guy lying in the middle of the street," says a source, adding Kwantem "jumped out of his car and raced over." Kwantem helped move the man to the sidewalk and stayed until paramedics arrived. • METRO



More pain, more gain

Building muscle is the quickest way to a healthy body, says star of Thintervention Jackie Warner gives you tips to get that buff body



Bursts of exercise are best for burning belly blubber.

If you want to fast-track towards a buff body, you're better off doing shorter, higher-intensity exercises than slow, steady-state exercise, according to many studies.

"It's not how long it's how hard," says Jackie Warner, a personal trainer in Hollywood and star of Bravo's new show Thintervention. "Even if you wanted to do 15 minutes a day, do that to muscle failure.

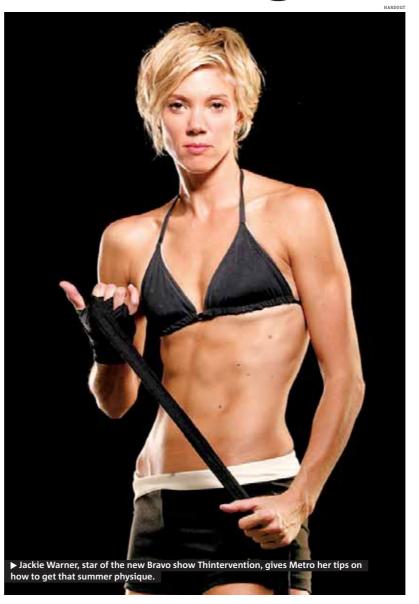
Warner's prescription for a bikini body: Work out five days a week. Here's a taste of what she suggests: Walk fast (up a hill, preferably) for two minutes, then run fast for two minutes and then walk slowly for a minute. Repeat this five-minute cycle three more times to equal 20 total minutes. Then, lift some weights that use two or three muscle groups. Do six exercise sets with very little rest in between.

"You will definitely get results with this intense style of training," Warner told Metro.

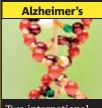
More and more evidence shows this is true. Scientists in Australia recently published results of a review of worldwide studies on high-intensity intermittent exercise (HI-IE). HIIE was found to increase fitness, lower insulin resistance, build muscle and burn belly fat more effectively than lowintensity steady-state exer-

"High-intensity bursts of exercise put stress on your heart to increase oxygenation to the muscle," says Warner. "Building muscle is the quickest way to a healthy body. It is the only thing that speeds up metabolism so a person can burn calories while









Two international research groups have identified a total of five new genes related to Alzheimer's disease and opened up new areas of research into what causes the progressive braindestroying condi-

THE ASSOCIATED PRESS











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The latest magic tea, true or false

Other than jeopardizing Lindsay Lohan's probation (it contains 0.5 per cent alcohol), Kombucha is an ancient mixture of made by fermenting sweetened black tea with a flat pancake-like culture of yeast and bacteria. High in anti-oxidants, it's touted as a probiotic detox. But Marji McCullough, Strategic Director of Nutritional Epidemiology for the American Cancer Society, warns that there's no scientific proof of health benefits. 8 ROMINA McGUINNESS

- Called

Did you know...



NUTRITIONIST CRISTINA AGNEW ON WHY WE JUST CAN'T STOP EATING

"Most of the time, we don't chew our food properly and end up eating whilst distracted, either on the move or at our desks. We aren't allowing ourselves the time to digest our food well or focus on the signals our body sends indicating we are full."

The softer side of martial arts

O T'ai Chi Chih is the non-violent cousin to the martial art of Tai Chi ○ Practitioner Kim Grant tells us how it can be done by anyone who seeks longevity, serenity and balance



The first thing Kim Grant wishes to establish is that T'ai chi Chih is not a martial art, but instead a practice developed as a more accessible and calmer side kick to T'ai Chi, whose 108 moves are difficult for many to remember.

"In a nut shell, the difference between the two is like looking at Tai Chi as war and Tai Chi Chih as peace, where one is very a combat sport the other is softness at its core."

In essence, T'ai Chi Chih stands for knowledge of the supreme ultimate.

The aim is for you to be able to activate, circulate and balance the "chi" also known as your vital force, intrinsic energy and intuition. Grant explains how most people suffer from a chi that is out of balance and not circulating efficiently around the body.

The very simple sets of 19 moves, and the way they are carried out — whereby the body weight is slowly shifted in controlled direction — help drive the circulation of the chi around the entire body.

Who can do T'ai Chi Chih?

Simplicity is the key to TCC's success, as people won't be put off as they would by the likes of Tai Chi (which requires patience and discipline and the need to memorize a very long sequence of difficult moves). TCC is

Most moves are done nine times on the left side of the followed by the right to get the correct balance and the act of repetition solidifies them in your body.

"The 19 moves are performed one after the other for 40 minutes, with a resting pose in between each one in order for all the energy to come back together as when we move, the energy separates," explains Grant. "A simple but deceptively powerful set of moves."

Grant says that the great thing about T'ai Chi Chih is that you don't have to understand it mentally to get it.

"Put away all your thoughts about that it's known as the "effort of no effort" and anyone who can stand on their two feet can do it. You don't need to be particularly coordinated or fit. As a non-stressful and non-aerobic form of exercise, TCC helps create an overall feeling of wellbeing, vitality and confidence for those that would never have attempted any type of martial art whatsoever.

supposed to be and just let your moves be all about flow, grace and slowness. The mix of mediation and movement that focuses on balance and the circulation of energy brings spiritual, physical and psychological benefits."

Dr. Helen Lavretsky, professor of psychiatry at U.C.L.A found that adding weekly T'ai Chi classes to the standard treatment of depression improved mood, anxiety, resilience, physical functioning, but also cognitive performance and inflammation. "All of these areas are very important in daily functioning of older adults with depression who may not respond well to the antidepressant drugs alone."









Some moves

- General Forward-Backward Foot Positions: How we put the left or right foot forward (to begin "yinning" and "yanging," pronounced "yahning") is very important. The back heel lifts off the ground as the weight shifts forward, and then the front toe rises as the weight shifts to the back leg. These foot positions apply only to the front-to-back movements.
- 2 Rocking Motion: As the arms elevate, we rise up on the balls of the feet. As the arms descend, we come down flat on the feet then lift the toes. (Rocking back on the heels can result in losing one's balance.) We usually do this nine, 18 or 36 times any multiple of nine.
- Around the Platter" (left side): As we lift the arms, we rock back on the right heel and raise the left toes. As we begin to circle with the hands (with the fingers slightly open), we move the weight forward (the torso from the waist is held straight up) and gradually shift the weight to the front foot. As we do this very important weight shift entirely to the left foot (i.e. yinning and yanging), the right heel gradually rises and the back leg straightens. As the hands move past the middle point of the circle, the weight begins to shift back, the rear leg bends and the left toes rise slowly

Is fruit making me fat?

Weight Watchers's new points scheme gives fruit a zero value, making it an all your can eat food. But some believe that eating too much could expand your waistline. Fruit is packed with all sorts of goodness — vitamins, fibre, antioxidants — but



the high fructose content can be a problem for people with high cholesterol or diabetes. "Some fresh fruits including pineapple, mango and banana and dried fruit like figs have a higher calorie content than others such as water melon or berries," says nutritionist and dietician Amanda Ursell.

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YOUR DENTIST, ORAL CANCER AND DAFFODILS

We have just turned the calendar into April. As we head into spring, many of us think of the promise of spring and all it has to offer. April is a great time to come out of our winter hibernation and get ready for a wonderful summer.

April also brings about Daffodil Days for the Canadian Cancer Society where fundraising and cancer awareness find an important meeting place. Cancer awareness is, increasingly, becoming an area of greater concern for all health care practitioners, including your dentist.

It is with this thought in mind that we believe April is an ideal time to raise awareness of oral cancer. Oral cancer does not receive the same amount of attention as other forms of cancer, perhaps due to the fact that it is not as prevalent.

However, with that lower awareness comes a greater danger. Compared to cancers such as breast or prostate cancer, oral cancer has a much higher mortality rate. It is estimated that 35,000 Americans will be diagnosed with oral cancer this year. Approximately half of them will not survive the next five years.

The reason for this is the lack of early



Dr. George Parry Dental Surgeon

detection. And early detection usually requires a visit to your dentist for a thorough examination. Simply visiting your doctor for a routine physical usually will not be sufficient. A complete oral cancer check will involve a visual examination of the entire mouth, both top and bottom, gently moving the tongue to the side to examine underneath and using fingers to search for lesions on the

When was the last time anyone other than your dentist conducted such a thorough examination of your

This is the type of examination you should receive from your dentist at least every six months...perhaps more frequently if you are a smoker or otherwise at higher risk to develop oral cancer. The good news is that, like most other cancers, oral cancer is highly treatable when detected early.

Unfortunately, with at least one-third of North Americans failing to visit their dentist on a regular basis, early detection is what is missing for so many people. Since the mouth provides such an easy access to so many other areas of the body, it is easy for oral cancer to metastasize and spread. Once that occurs, treatment becomes more debilitating and, sadly, less likely to succeed.

So we urge you to use April to help in the fight against cancer. If a volunteer for the Canadian Cancer Society offers you a daffodil, buy it! Consider it an investment in your health! And after you do so, call your dentist and schedule an appointment so that you can be screened for oral cancer.

Because early detection of oral cancer is a healthy habit...and healthy habits lead to healthy lives!

Dr. George Parry



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Health SOS: Dehydration decoded

Lee Mullins, health expert at London, U.K.'s Bodyism Clinic, offers up signs of dehydration.

- 1 Urine colour is dark yellow. It should be clear and odourless.
- 2 Back or joint pain. Water hydrates your spine and muscles.
- **3** Dry skin. Flush those toxins out.
- Fatigue. When dehydrated, the body's immune system becomes suppressed, and in come the colds and flu. Watch out for headaches, too.

 BODYISM.COM

Cutting test wait times

• Rapid results clinic provides faster reports for prostate biopsy patients

Waiting the typical two to three weeks for the results of a prostate cancer biopsy can be agonizing for men and their families, but at least one Canadian hospital is trying to change that.

Sunnybrook Health Sciences Centre in Toronto has instituted a rapid results clinic that cuts the wait time for diagnosis for most patients to three days following a prostate biopsy.

It's not that the hospital has changed the way biopsy samples are scrutinized for tumours — over the last three months, it has merely speeded up the process through more efficient use of its pathology department, which includes three pathologists who specialize in the finicky assessment of prostate tissue.

"So you get your answer



within 72 hours, and not only that but to be able to be seen by a cancer specialist if you're diagnosed with cancer right away, right after the diagnosis, is I think a very efficient and unique process," said Dr. Robert Nam, a urologic oncologist

at Sunnybrook.

Speeding up testing has not altered the accuracy of prostate biopsy results, nor has it affected other pathology tests, he noted.

"With the rapid biopsy clinic, it really improves patients' lives in terms of their level of anxiety," said Nam, recalling that when patients in the past were told they didn't have cancer after waiting two to three weeks, "the relief on their face was unbeliev-

THE CANADIAN PRESS

Your bag can hurt you

One rarely leaves their house without thee things: keys, a wallet and a hand (or man) bag. But repeated carrying of a heavy bag could negatively affect your gait, and extensive use could lead to ankle, knee, hip and back problems, according to Lee Mullins. Pack light for



9

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Programme communautaire d'éducation sur le diabète d'Ottawa. Parrainé par le Centre de santé

Programme communautaire d'éducation sur le diabète d'Ottawa. Parrainé par le Centre de santé communautaire du Centre-ville au nom de la Coalition des centres de santé et de ressources communautaires d'Ottawa. Financé par le Ministère de la santé et des soins de longue durée d'Ontario.



metr@food metronews.ca TUESDAY, APRIL 5, 2011

A wing place with 101 wild flavour options

• Wild Wing serves up wings with names like Butt Naked and I Am Canadian

LUNCH RUSH

SHARI GOODMAN FOOD@METRONEWS CA



wings, ing saunter over to Wild Wing where they're specialty.

Cowboy knick-knacks decorate the walls, making you feel like you've stepped into a Wild West tavern.

Much like The Works or ZaZaZa, the menu is a must-read, listing 101 different options. Butt Naked, Jamaican Crazy (Pineapple Curry and Caribbean Jerk) and I Am Canadian (Mild

Wild Wing 700 Eagleson Rd. 613-270-9453 Social Lunch: Yes Price range: \$\$ Rating: 3.5 out of 5



and Maple) are just a few of the wingy choices listed.

I ordered the traditional medium wings. They had a mild heat to them and were saucy, messy and worthy of finger-lickin',

but they lacked the crispy texture that should be hiding under the sauce.

The gimmick is clever. Do one thing well, and then apply different flavours to suit different tastes. However, I wonder how many people stray from the tried and true Buffalo wings.

I know I would mosey back just to try some of the crazy combinations.

Cherry Raisin Bread Pudding





Ingredients:

- 1 egg, beaten
- 2 cups (500 mL) 1 % milk
- 1/2 cup (125 mL) granulated sugar
- 2 tsp (10 mL) vanilla extract
- 1/2 tsp (2 mL) ground cinnamon
- 4 cups (1 L) raisin bread (cut into 3/4-inch/2 cm cubes)
- 2/3 cup (150 mL) dried tart cherries
- 1 large, very ripe banana, quartered lengthwise; cut into 1/2-inch (1 cm) thick pieces

Creamy Topping (optional)

- 1/2 cup (125 mL) light sour cream
- 4 tsp (20 mL) packed brown sugar
- 1/4 tsp (1 mL) finely grated orange rind
- · Pinch ground cinnamon

Preparation:

- . In bowl whisk together egg, milk, sugar, vanilla and cinnamon. Place two-thirds of bread in 8 inch (2 L) square baking dish. Top with cherries, banana slices and remaining bread.
- Pour egg mix evenly over bread mix. Bake in 350 F (180 C) oven, uncovered, for 1 hour or until a knife inserted near centre comes out clean. Let cool slightly.

Creamy Topping:

Meanwhile stir together sour cream, brown sugar, orange rind and cinnamon. Top pudding and serve. CHERRIES: NOT JUST ANOTH-ER BERRY/ THE CANADIAN PRESS. EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AU-THOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Superfood: Pecans

"Eating a handful (30 grams) of pecans a day could improve heart health."

A study carried out by Loma Linda University in the U.S.A. shows that the nut is particularly rich in gamma tocopherol, an antioxidant found in vitamin E that helps reduce inflammation in arteries.

"The idea is to substitute the nuts for the unhealthy fats currently present in your diet such as fatty meat or high fat cheese." explains lead researcher Ella Haddad. "Swapping these foods for pecans will help keep your calorie intake down."

O ROMINA McGUINNESS

A gourmet sandwich on the go

A grilled cheese practically defines comfort, all crispy bread and gooey cheese.

And a grilled cheese is the perfect base to add other flavours, whether you fancy a slice of tomato or a little ham or turkey.

This version is similar to a grilled ham and cheese for adults. It pairs salty prosciutto with creamy, earthy blue cheese.

A touch of sweetness from apricot preserves balances the sandwich.

This quick and flavourful lunch would be great served with arugula salad and balsamic vinaigrette.

Preparation:

To assemble the sandwich, spread 15 ml (1 tbsp) of the apricot preserves on each slice of bread.

Sprinkle one slice with the blue cheese, then top with prosciutto.

Sprinkle with black pepper and top with the other slice of bread, preserves to the inside. Brush each side with olive oil.

Using a panini press or a skillet, cook the sandwich 3 to 4 minutes or until the cheese is melted and the bread is golden brown. If using a skillet, flip the sandwich after 2 minutes.

THE ASSOCIATED PRESS

Ingredients:

- 2 thick slices country-style sourdough bread
- 30 ml (2 tbsp) apricot preserves
- 30 ml (2 tbsp) Great Hill blue cheese, or other creamy raw milk blue cheese
- 2 slices prosciutto
- · Ground black pepper, to
- 15 ml (1 tbsp) olive oil



A SUCCESSFUL PICK UP ATTEM

Names: Tracy, 34, and Alan, 32

Hometown: Vancouver

Together since:

Their story:

One extremely-tired Sunday, I (Alan) happened to be at Denny's (where I only go maybe once every three years) with a good friend of mine, Leah.

We were slightly hungover and were cracking jokes left and right, having a great time and laughing loudly.

Over Leah's shoulder, I thought I noticed a pretty girl making eyes at me. I didn't have my contacts in so I asked Leah to see if she really was all that. We



tried to time it so as to not get caught but, of course, we failed.

The instant Leah turned around, the girl looked up and locked eyes with her busted! After a lengthy discussion, Leah and I agreed on my plan of attack. I went up to the girl's table and was about to open my mouth when six people walked in front of me. I stood there waiting, trying not to look like a weirdo, then dropped my business card in front of her and said, "Call me."

Leah and I had a laugh about my pick up attempt in the parking lot, but to my surprise, I got a text shortly thereafter with the mystery girl's name, Tracy.

We've been together for over a year now, and children and marriage are on the horizon.

It was fate! WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI

2FORCOUPLES.COM TWITTER: @SMUGMARRIEDS



Are pets a good warm up to having kids?

Angela says ...

If you're thinking about a fish, then absolutely not. But if you're talking about a six-week-old Burmese mountain puppy that requires nearly 24-7 care as it adjusts to your city apartment, you're on the right track. Keep in mind you won't be making nearly as many decisions with pets as crop up with children: Cloth or disposable diapers? Organic soap? Formula versus breast milk? Derek says...

Some people have a

difficult time even remembering to feed their fish. And while some owners like to pamper their pets with "holistic" food made from duck, oatmeal and six types of vegetables, it's just not the same as raising a child. Can you answer these questions: Who is going to walk the dog before and after work every day/night (rain or shine)? Who will clean up after the first nasty accident on the couch? Who will take the dog to the vet regularly? If you can't answer those questions, perhaps you should avoid having a pet ... or a child!

It is possible: Guide to surviving a breakup

Breakups don't get any easier with age or experi-

Every time you invest your time, money, hopes, and dreams in a relationship, you are bound to get hurt if it comes to an end.

But instead of holing yourself up and vowing to never try again, consider these suggestions to get back on your feet.

Talk it out

Your friends want to be there for you, so don't be afraid to reach out and vent your sadness, fears, and frustrations.

A good friend will listen and avoid making you feel worse by saying something along the lines of "I-toldyou-so."

Don't be drastic

Instant reactions breakups can be very regrettable and make you feel much worse later on.

This may include calling your ex to beg for a second chance, getting a dramatic haircut, jumping into an-other relationship before you're ready, or all of the above.

Mourn and reflect

You can learn valuable lessons from every failed rela-

Use this time to journal,

shed tears, and decide what you will do differently next time. Seek advice from family and friends if you think it will be benefi-

Help someone else

Taking the focus off yourself to help someone else in need will help you to put things in perspective. Consider sponsoring a child in need with an organization like Christian Children's Fund of Canada (ccfcanada.ca). You can use your pain to empathize with someone who is suffering and make a difference in their community.

Get busy

Spend time with friends and family, take up a new hobby, and participate in your passions. Eventually, your ex will disappear from the top of your mind and you'll be too busy to

Being single is a valuable time of self-discovery and reflection. Decide what your priorities in life are and how you will work to achieve your goals. Know that time will heal the hurt and - whether you decide to stay single or to get involved in a new relationship - be strong and don't be afraid to take risks. NEWS CANADA



A little something for you...

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Receive a sterling silver COMPOSE post set (a \$25 CAD retail value) with your PANDORA purchase of \$75 or more*, or receive a sterling silver COMPOSE hoop set (a \$50 CAD retail value) with your PANDORA purchase of \$100 or more*.

*Before taxes. COMPOSE dangles are not included. Good while supplies last, limit one per custome

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Don't forget your folks

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Helping or supporting an elderly parent is an increasing fact of life, and can be a

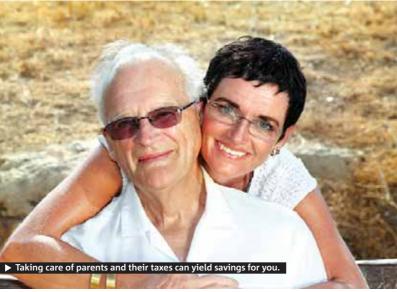
financial burden. Here are three tax saving tips from H & R Block to help. First off, you need to make sure your parents' taxes are filed even if nothing is payable. This is particularly important if the parent or parents are receiving the Guaranteed Income Supplement (GIS). Like other government programs it depends on an upto-date tax return.

Caregiver credit

If you are providing support you may be able to claim this amount. Your parent or parents must be 65 or over, have an income of \$18,645 or less and be living with you. You can al-

Family matters:

 One-in-three Canadians age 45 to 60 are caregivers to aging family members.
 44 per cent of those surveyed support children as well as an elderly rela-



so claim parents under the age of 65 if they are dependent on you because of an infirmity or disability.

Unfortunately, no matter how much support you provide, they have to be living with you in order to claim the caregiver credit.

There is a federal amount of \$4,223 for each dependent which will cut your taxes by \$635. There are also provincial caregiver amounts that will add to your savings.

Disability Tax Credit

I have written about this in the past, encouraging adult children to apply for the DTC if a parent qualifies for it. Many don't realize that if the parent's income is low, the DTC can be transferred.

However, in order to do this you need to establish that your parent depends on you for some or all of the basic necessities of life. This can be a huge benefit to the struggling sandwich generation.

Nursing home expenses

If you pay for your parents' nursing home fees, you may be able to claim them as a medical expense. But

you will have to make a choice between these expenses and the disability tax credit, because you can't have both. Fun and Frugal

LESLEY SCORGIE MONEY@METRONEWS.CA





LOVE AND LOONIES

ooking up with someone permanently means working through financial logistics. Before joining households, talk about whether to merge finances. Should you join accounts? Generally, if couples act as a team, either strategy will work.

The benefits of combining accounts, loans and assets are: fewer accounts to monitor, easy sharing, transparency (helps with budgeting, taxes and communication), and reduced banking fees. But, sometimes when couples pool money, it creates the perception they're flush with cash, which triggers overspending. Couples can

also disagree on spending habits which can translate into nasty money fights. Plus, if the relationship ends, one partner could take off with the financial resources (this would be settled later on in court).

Who's going to pay the bills? Legally, the person whose name is on a bill is responsible for paying it. If the bills don't get paid, lenders will harass you at home and work, and eventually report you to credit bureaus. List the bills in the name of the person who will ensure they get paid in full and on time. If you're name isn't on a bill, you don't build credit (even if you're a coapplicant on a credit card).



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Senators preview

Flyers at Senators 7:30 p.m. TV: SNET-E Radio: AM 1200



Philadelphia (46-22-11) leads the Atlantic Division and is tied with the Washington Capitals atop the Eastern Conference. The Flyers currently hold the tiebreaker with one more regulation win than the Caps.



Ottawa (30-39-10) remains tied with Florida for last in the Eastern Conference. The Senators dropped a 4-2 decision to the Toronto Maple Leafs on Saturday night. Jason Spezza had both goals for the Sens.

THE CANADIAN PRESS





Stoughton wins fourth at curling championships

Canada's Jeff Stoughton earned his fourth straight win at the Ford World Curling Championships with a 7-4 decision over Dong Keun Lee of South Korea. Scotland's Tom Brewster kept pace with the hosts at 4-0 following an 8-5 victory against Germany's Andy Kapp.

Sweden's Niklas Edin and Thomas Dufour of France were chasing the leaders at 3-1. The Swedes thumped China's Yansong Ji 9-1 while the French defeated Denmark's Tommy Stjerne 8-5.

Alfie's year over

• Senators captain won't be back in lineup for rest of season, but doesn't plan to retire

Ottawa Senators captain Daniel Alfredsson won't be returning to the ice this season but the 38-year-old still feels he has more hockey left in him next year.

Tonight's game against the Philadelphia Flyers at Scotiabank Place will be the 26th straight contest Alfredsson will have missed because of a back injury.

He tried returning to practice two weeks ago but hasn't done so since. Alfredsson confirmed yesterday he'll sit out the Senators' remaining three games.

"The progress has been going pretty good, but skating has been the one (thing) that has troubled me the most," he said. "I felt OK on the ice, but not good enough to justify playing in a game."

Alfredsson endured the worst of his 15 NHL seasons after finishing with just 14 goals, 31 points and a plus/minus rating of -19 in

54 games.

Alfredsson, whose last game was a loss to the Vancouver Canucks on Feb. 7, has thus far avoided surgery and said he prefers not to go down that road.

The injury has limited his leg strength and he has trouble putting any power into his stride.

He'll be 39 in December and questions have been raised about how effective he'll be with another year under his belt. But Alfredsson aims to report to training camp fresh and ready to help the Senators move on from missing the playoffs for the second time in three years.

"Obviously, (the injury) has been dragging on for a while and it has been limit-

"There's no need for him to come back and risk further injury." ing to a lot of exercising and so forth, but I expect to be back next year," he said. "It feels a lot better than it did a month ago and we're going to continue this (rehab) and in another month, hope I'll feel good enough where I can start with a heavier off-season program.

"It's not something anybody wants to go through, but it's been a frustrating year for a lot of reasons."

THE CANADIAN PRESS

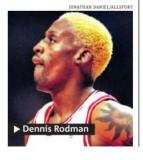
Rodman headed to Hall of Fame

Dennis Rodman, Chris Mullin and a trio of coaching legends are part of the Naismith Memorial Basketball Hall of Fame's Class of

Coaches Tex Winter, in-

novator of the "Triangle" offence, Stanford's Tara Van-Derveer and Philadelphia University's Herb Magee are part of the class announced yesterday in Houston.

THE ASSOCIATED PRESS



NFL will target HGH: Goodell

Commissioner Roger Goodell says the NFL will insist that its next labour deal with players includes testing for human growth hormone.

After appearing yester-

day at a high school to speak about the dangers of steroid use, Goodell said the NFL needs to do more to keep banned substances out of the sport.

THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE												
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Washington	79	46	22	5	6	216	192	103	24-8-2-6	22-14-3-0	7-2-0-1	W2
dx-Philadelphia	79	46	22	4	7	247	210	103	21-12-2-5	25-10-2-2	3-3-0-4	L3
y-Boston	79	44	24	5	6	238	189	99	20-13-3-3	24-11-2-3	5-3-1-1	L1
x-Pittsburgh	79	46	25	5	3	225	192	100	24-14-2-0	22-11-3-3	7-3-0-0	W1
x-Tampa Bay	79	44	24	5	6	235	232	99	24-11-1-4	20-13-4-2	6-2-1-1	W5
Montreal	79	42	30	4	3	208	204	91	23-11-3-3	19-19-1-0	4-6-0-0	W1
NY Rangers	80	43	32	2	3	228	193	91	19-16-1-3	24-16-1-0	7-2-0-1	W2
Buffalo	79	40	29	9	1	232	220	90	19-16-3-1	21-13-6-0	6-2-2-0	W1
Carolina	79	38	30	6	5	225	232	87	21-13-3-2	17-17-3-3	7-2-1-0	L1
Toronto	79	37	32	5	5	213	240	84	18-14-3-4	19-18-2-1	7-3-0-0	W3
Atlanta	78	33	33	5	7	214	252	78	17-15-2-5	16-18-3-2	5-5-0-0	L1
New Jersey	78	36	37	3	2	163	196	77	20-16-2-1	16-21-0-2	4-5-0-1	L1
NY Islanders	79	30	37	7	5	220	250	72	17-18-1-4	13-19-6-1	3-5-2-0	L1
Ottawa	79	30	39	5	5	183	243	70	14-20-2-3	16-19-3-2	5-4-0-1	L1
Florida	79	29	38	5	7	190	220	70	15-17-4-4	14-21-2-2	1-6-0-3	1.8

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
p-Vancouver	79	52	18	4	5	254	181	113	26-9-1-4	26-9-3-1	8-2-0-0	L1
y-Detroit	79	46	23	6	4	255	231	102	21-13-4-2	25-10-2-2	5-3-2-0	W2
dx-San Jose	78	46	23	4	5	234	201	101	23-11-2-3	23-12-2-2	7-1-0-2	W3
Los Angeles	78	45	27	4	2	213	185	96	24-12-3-0	21-15-1-2	7-2-1-0	W1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Nashville	79	42	26	7	4	209	188	95	22-9-5-3	20-17-2-1	7-2-1-0	L1
Anaheim	79	44	30	3	2	228	231	93	24-13-1-1	20-17-2-1	7-3-0-0	L2
Chicago	78	42	28	3	5	246	214	92	23-16-0-0	19-12-4-4	5-4-1-0	L1
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
Dallas	78	39	28	4	7	214	224	89	20-11-3-5	19-17-1-2	2-5-2-1	W1
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
St. Louis	79	36	33	4	6	232	229	82	21-13-1-4	15-20-3-2	5-4-0-1	W1
Columbus	79	34	32	5	8	210	246	81	17-18-1-4	17-14-4-4	2-5-2-1	L3
Colorado	78	29	41	7	1	218	275	66	15-20-4-0	14-21-3-1	3-7-0-0	L1
Edmonton	78	24	43	2	9	186	256	59	12-21-1-5	12-22-2-3	1-6-1-2	W1
v - clinched playof	fhorth	· v —	clin	rhod i	divis	ion ti	Ho. d	— div	ision loade	rs: a toam	winning ir	1

overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Chicago at Montreal, 7:30 n m

Atlanta at Nashville, 8 p.m.

Columbus at Dallas, 8:30 n m Vancouver at Edmonton, 9 p.m Tomorrow's games N.Y. Islanders at Boston, 7 p.m.

Toronto at New Jersey, 7 p.m. Florida at Washington, 7 p.m. Detroit at Carolina, 7 p.m.

St. Louis at Chicago, 8:30 p.m. Edmonton at Calgary, 9:30 p.m. San Jose at Anaheim, 10 p.m. Phoenix at Los Angeles, 10:30 p.m.

Att. - 18,200 (18,200) at New York.

FLAMES 2, AVALANCHE 1

1. Calgary, Jokinen 17 (Tanguay, Bouwmeester) 10:23

First Period — No Scoring.

Penalty — Bouwmeester Cal (holding) 4:16.

Penalties — Backlund Cal (slashing) 2:13,

First Period — No Scoring

SUNDAY

Second Period

(slashing) 14:51.

Power plays (goals-chances) — Boston: 0-1;

N.Y. Rangers: 0-4.

Referees — Stephen Walkom, Dennis LaRue.
Linesmen — Thor Nelson, Mark Wheler.

Philadelphia at Ottawa, 7:30 p.m. Colorado at St. Louis, 8 p.m.

Last night's results N.Y. Rangers 5 Boston 3 Los Angeles at San Jose Sunday's results Calgary 2 Colorado 1 Buffalo 2 Carolina 1 (OT) Dallas 4 Anaheim 3 Detroit 4 Minnesota 2 St. Louis 6 Columbus 1 N.Y. Rangers 3 Philadelphia 2 (SO) Tampa Bay 2 Chicago 0 Tonight's games Tampa Bay at Buffalo, 7 p.m Washington at Toronto, 7 p.m. New Jersey at Pittsburgh, 7 p.m.

RANGERS 5, BRUINS 3

First Period

1. Boston, Paille 5 (Boychuk, Ryder) 15:16

2. Boston, Horton 25 (Krejci, Lucic) 16:53 Penalties — Staal NYR (slashing) 5:55, Bergeron Bos (tripping) 10:15. Second Period

3. Boston, Kelly 13 (Kaberle, Seidenhera) 10:32 4. N.Y. Rangers, Prospal 7 (Wolski, Staal)

5. N.Y. Rangers, Prospal 8 (Wolski, Stepan)

18:26

Penalties — Krejci Bos (hooking) 5:02, Krejci

Bos (slashing) 12:28.

Third Period

6. N.Y. Rangers, Dubinsky 24 (Callahan, Anisimov) 16:12

7. N.Y. Rangers, Sauer 3 (Gaborik, Boyle) 17:03 8. N.Y. Rangers, Stepan 21 (Fedotenko, Sauer)

Penalty — Seidenberg Bos (tripping) 0:53. Shots 19 4 7 -30 5 9 12 -26

Goal — Boston: Thomas (L,33-11-9); N.Y. Rangers: Lundqvist (W,35-26-5).

Power plays (goals-chances) — Calgary: 0-1;

Referees — Brad Watson, Dan O'Halloran. Linesmen - Jonny Murray, Pierre Racicot Att. — 13,896 (18,007) at Calgary.

SCORING LEADERS

	G	Α	PT
D.Sedin, Vcr	41	59	100
St. Louis, TB	30	64	94
Perry, Ana	47	46	93
H.Sedin, Vcr	19	73	92
Stamkos, TB	44	45	89
Iginla, Cal	39	42	81
Ovechkin, Wash	30	51	81
Zetterberg, Det	24	56	80
Selanne, Ana	28	48	76
Toews, Chi	31	44	75
C.Giroux, Pha	25	49	74
Kopitar, LA	25	48	73
E.Staal, Car	32	39	72
B.Richards, Dal	26	45	71
Getzlaf, Ana	19	52	71
Kesler, Vcr	37	32	69
Marleau, SJ	37	32	69
P.Kane, Chi	26	43	69
Ryan, Ana	34	34	68
Not including last night	s games		

CURLING

WORLD MEN'S CHAMPIONSHIP

÷	CHAMPIONSHI	ır	
i	At Regina		
	Country (skip)	W	L
ŧ	Scotland (Brewster)	5	0
i	Canada (Stoughton)	4	0
ŧ	France (Dufour)	3	1
ŧ	Sweden (Edin)	3	2
i	Czech Rep. (J.Snitil)	2	2
ŧ	Switzerland (Schwaller)	2	2
ŧ	Norway (Ulsrud)	2	2
i	China (Chen)	2	3
÷	Germany (Kapp)	2	3
i	U.S. (Fenson)	1	3
ŧ	Denmark (T.Stjerne)	0	4
ŧ	South Korea (DK.Lee)	0	4
i	ROUND ROBIN		
÷	Yesterday's results		
i	Sixth Draw		
i	Canada 7 South Korea 4		
ŧ	France 8 Denmark 5		
÷	Scotland 8 Germany 5		

Sweden 9 China 1

Sweenth Draw
Germany 5 U.S. 4
Norway 8 Sweden 5
Scotland 5 Czech Republic 4 (extra end)
Switzerland 7 China 1

Fighth Draw
U.S. vs. Canada; South Korea vs. Czech Republic; Switzerland vs. Denmark; France vs. Norway.
Sunday Results

Sunday Results
Third Draw
Czech Republic 7 Norway 5 (extra end)
Switzerland 6 U.S. 4
Fourth Draw
Canada 7 Germany 4
China 7 Denmark 6
Scotland 9 South Korea 6
Sweden 7 France 6
Fifth Draw
Czech Republic 8 China 5
Germany 9 Norway 8
Scotland 10 Switzerland 6
Sweden 1 U.S. 2
Today's games

Draw 11, 9:30 p.m.

Sweden 11 U.S. Today's games
Minth Draw, 10:30 a.m.
China vs. Scotland; Switzerland vs. Norway;
Sweden vs. Germany; U.S. vs. Czech Republic.
**20 n.m.
***Sweden vs. Germany; U.S. vs. Czech Republic.
**Sweden vs. Germany; U.S. vs. Czech Republic.
**Sweden vs. Germany; U.

Third Period 2. Calgary, Tanguay 21 (Iginla) 8:13 3. Colorado, Hejduk 21 (Liles, Olver) 15:00 Penalties - None.

Bouwmeester Cal (holding) 7:43, Duchene Col

Shots Calgary

11 12 13 36 10 18 35 Goal — Calgary: Kiprusoff (W,36-24-6); Colorado: Budaj (L,14-19-4).

Bridgestone

MLB

AMERICAN LEAGUE

EAST DIVISION			
Baltimore New York Toronto Boston Tampa Bay	W 4 3 2 0	L Pct 01.000 1 .750 1 .667 3 .000 3 .000	GB 1 1 ¹ / ₂ 3 ¹ / ₂ 3 ¹ / ₂
CENTRAL DIVISION			
Kansas City Chicago Cleveland Detroit Minnesota	W 3 2 1 1	L Pct 1 .750 1 .667 2 .333 3 .250 3 .250	GB
WEST DIVISION			
Texas Seattle Oakland Los Angeles	W 3 2 1 1	L Pct 0 1.000 1 .667 2 .333 3 .250	GB - 1 2 2 ¹ / ₂
Yesterday's results Baltimore 5 Detroit 1 N.Y. Yankees 4 Minnesota 3 Seattle at Texas Sunday Results Minnesota 4 Toronto 3 Baltimore 5 Tampa Bay 1			

Mininesota 4, Ioronto 3.
Baltimore 5 Tampa Bay 1
Cleveland 7 Chicago White Sox 1
Detroit 10 N.Y. Yankees 7
Kansas City 12 L.A. Angels 9 (13 ings)
Oakland 7 Seattle 1
Texas 5 Boston 1
Texas 5 Boston 1
Today's games
L.A. Angels (Weaver 1-0) at Tampa Bay (Niemann 0-0), 640 p.m.
Boston (Beckett 0-0) at Cleveland (Tomlin 0-0), 705 p.m.

manti v-9, 8-40 p.m. Boston (Beckett 0-0) at Cleveland (Tomlin 0-Boston (Beckett 0-0) at N.Y. Yankees (Sabathia 0-0), 7.95 p.m. Oakland (Braden 0-0) at Toronto (J.Reyes 0-0), 7.07 p.m. Seattle (Pineda 0-0) at Texas (Ogando 0-0), 8.05 p.m. Chicago White Sox (Floyd 0-0) at Kansas City (Hodhevar 0-1), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION			
N	W	L Pct	GB
Philadelphia Atlanta	3	0 1.000 1 .750	1/2
New York	2	1 .667	1 2
Florida	1		2
Washington	1	2 .333	2
CENTRAL DIVISION			
Cincinnati	W 3	L Pct 0 1.000	GB —
Pittsburgh	2	1 .667	1
Chicago St. Louis	2 1		11/2 2
Houston	0	3 .000	3
Milwaukee	Ō	4 .000	31/2
WEST DIVISION			

	W	L	Pct	GB
Los Angeles	3	1	.750	-
San Diego	2	1	.667	1/
Colorado	1	1	.500	1
Arizona	1	2	.333	11/
San Francisco	1	3	.250	2
Yesterday's results				

San Francisco

Yesterday's results
Atlanta 2 Milwaukee 1
Pittsburgh at St. Louis
Sunday Results
Atlanta 2 Milwaukee 3
Chicago Clubs 4 Afrizona 1
Pittsburgh at St. Louis
Sunday Results
Atlanta 1 Washington 2
Chicana Club Africana 1
Pittsburgh 5 Chicago Clubs 4
St. Louis 2 San Diego 0
Arizona at Colorado (ppd., rain)
Tuesday Games
Arizona (Enright 0-0) at Chicago Clubs (Cashner 0-0), 220 p. da Philadelphia (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 635 p.m.
San Francisco (Bumgarner 0-0) at Florida

Houston (Happ 0-0) at Cincinnati (Leake 0-0), 7-10 p.m. Washington (Marguis 0-0) at Florida (A.Sanchez 0-0), 7-10 p.m. Adtanta (D.Lowel -0) at Milwaukee (Gallardo 0-0), 8-10 p.m. Pittsburgh (J.McDonald 0-0) at St. Louis (Mc-Clellan 0-0), 8-15 p.m. LA, Dodgers (Kershaw 1-0) at Colorado (Chacin 0-0), 8-40 p.m. Canada; Norway vs. U.S.; Denmark vs. South Germany vs. South Korea; Sweden vs. Den-mark; France vs. China; Canada vs. Scotland.

LACROSSE

EAST DIVISION

NLL

	GP	W	L	Pct.	GF	GA	GB			
x-Toronto	14	10	4	.714	165	139	-			
x-Buffalo	12	8	4	.667	131	112	1			
x-Rochester	12	7	5	.583	125	125	2			
Boston	14	6	8	.429	141	139	4			
Philadelphia	13	5	8	.385	121	149	$4^{1}/_{2}$			
WEST DIVISION										
	GP	W	L	Pct.	GF	GA	GB			
y-Calgary	14	10	4	.714	177	157	_			
x-Washington	14	7	7	.500	177	165	3			
x-Minnesota	13	6	7	.462	149	147	31/2			
Edmonton	14	4	10	.286	151	177	6			
Colorado	12		9	.250	106	133	6			
x — clinched playoff berth; y — clinched division.										
WEEK 14										
Friday's games										

Friday's games Buffalo at Toronto, 7:30 p.m. Colorado at Calgary, 9:30 p.m. Saturday's games
Philadelphia at Boston, 7:30 p.m.
Buffalo at Rochester, 7:35 p.m.
Colorado at Edmonton, 9 p.m.
Minnesota at Washington, 10:30 p.m. Minnesota at Washington, 10:30 p.i Sunday's game Rochester at Philadelphia, 2:30 p.m

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	Т	GF	GA	P			
Philadelphia	3	2	1	0	2	1	(
New England	3	1	0	2	4	3				
New York	3	1	0	2	2	1				
Chicago	2	1	0	1	4	3	4			
Kansas City	3	1	1	1	8	8	4			
Toronto	3	1	1	1	5	5	4			
Columbus	3	1	1	1	3	3	4			
D.C. United	3	1	2	0	5	7	3			
Houston	3	0	1	2	2	3	- 2			

WESTERN CONFERENCE

WESTERN CONFERENCE											
Colorado	3	3	0	0	8	2	9				
Los Angeles	4	2	1	1	4	5	7				
Real Salt Lake	2	2	0	0	5	1	6				
Vancouver	3	1	1	1	7	6	4				
San Jose	3	1	1	1	4	3	4				
Seattle	4	0	2	2	3	5	2				
Chivas USA	3	0	2	1	3	5	1				
Portland	3	0	2	1	2	6	1				
Dallas	3	0	2	1	1	5	1				

Note: Three points for win, one point for tie.

Sunday's result
Colorado 4 D.C. United 1
Tomorrow's game
New England at Vancouver, 10 p.m.

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's result Queens Park Rangers 3 Sheffield United 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GΑ	Pt
Barcelona	30	26	3	1	82	15	8
Real Madrid	30	23	4	3	69	22	7
Valencia	30	17	6	7	46	35	5
Villarreal	30	16	6	8	48	31	5
Athletic Bilbao	30		3	13	47	42	4
Sevilla	30	13	6	11	46	44	4
Espanyol	30	14	1	15	38	43	4
Atletico Madrid	30	12	6	12	45	41	4
Mallorca		11	5	14	31	40	3
Racing Santander	30	9	9	12	30	44	3
Osasuna	30	9	8	13	36	36	3
Levante	30	11	5	14	33	40	3
Sporting Gijon	30	8	11	11	28	35	3
Real Sociedad	30	11	2	17	40	51	3
Getafe	30	9	7	14	41	49	3
Deportivo La Corun	ia30			12	25	40	3
Zaragoza	30	7	9	14	29	43	3
Hercules	30	8		17	28	48	2
Malaga	30	8	5	17	39	62	2
Almeria	30	5	11	14	31	51	2

Yesterday's result
Almeria 1 Athletic Bilbao 3

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	56	20	.737	_
y-Miami	54	23	.701	21/2
y-Boston	53	23	.697	3
x-Orlando	48	29	.623	81/2
x-Atlanta	44	33	.571	121/2
x-Philadelphia	40	37	.519	161/2
x-New York	38	38	.500	18
Indiana	35	43	.449	22
Charlotte	32	44	.421	24
Milwaukee	31	45	.408	25
Detroit	26	50	.342	30
New Jersey	23	53	.303	33
Toronto	21	55	.276	35
Washington	20	56	.263	36
Cleveland	15	61	.197	41

WESTERN CONFERENCE

		W	L	Pct	GE
	x-San Antonio	58	19	.753	-
	y-L.A. Lakers	55	21	.724	21/
	x-Dallas	53	24	.688	
	x-Oklahoma City	50	26	.658	71/
	x-Denver	47	29	.618	101/
	Portland	45	32	.584	13
	New Orleans	44	33	.571	14
	Memphis	44	33	.571	14
	Houston	41	36	.532	17
	Phoenix	37	39	.487	201/
	Utah	36	41	.468	22
	Golden State	33	44	.429	2!
ı	L.A. Clippers	30	47	.390	28
ı	Sacramento	22	54	.289	351/
ı	Minnesota	17	60	.221	41
	d division loadors v	clin	chod	Javoff	horth

division leader; x — clinched playoff berth;

clinched division.

y—clinched division.

Sunday's results
San Antonio 114 Phoenix 97
Denver 95 L.A. Lakers 90
Sacramento 106 Utah 97
Boston 101 Detroit 90
Washington 97 Charlotte 91
Miami 108 New Jersey 94
New York 123 Cleveland 107
Toronto 102 Orlando 98
Houston 114 Atlanta 109
New Orleans 108 Indiana 96
Portland 104 Delais 96
Tonight's games
San Antonio at Atlanta, 7 p.m.
Charlotte at Cleveland, 7 p.m.
Milmesota at New Jersey, 7 p.m.
Milminesota at New Jersey, 7 p.m.
Milminesota at New Jersey, 7 p.m.
Philadelphia at Boston, 730 p.m.
Phoenix at Chicago, 8 p.m.
Phoenix at Chicago, 8 p.m.
Sacramento at Houston, 9 p.m. Oklahoma City at Denver, 9 p.m. Golden State at Portland, 10 p.m. Utah at L.A. Lakers, 10:30 p.m.

TENNIS

WTA FAMILY CIRCLE CUP

At Charleston, S.C. Top seeds and Canadians Yesterday's results Singles

resteracy's results
Singles
First Round
Peng Shuai (11), China, def. Sloane Stephens,
U.S., 6-2, 6-1.
Julie Goerges (12), Germany, def. Olga Govortsova, Belarus, 7-5, 6-4.
Chanelle Scheepers, South Africa, def. Patty
Schnyder (13), Switzerland, 6-4, 6-4.
Bethanie Mattlek-Sands (14), U.S., def.
Alexandra Stevenson, U.S., 6-2, 6-1.
Vania King, U.S., def. Vera Dushevina (16),
Russia, 6-4, 7-6 (7).
Also
Elena Vesnina, Russia, def. Rebecca Marino,
Vancouver, 6-7 (4), 6-2, 6-3.

BASKETBALL

NCAA TOURNAMENT

FINAL FOUR

At Houston NATIONAL CHAMPIONSHIP Connecticut (31-9) vs. Butler (28-9)

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54 With 31-Across, sup-

1 Astigmatism problem

6 Pulitzer winner James

53 Thailand, once

55 Coin aperture

2 React to yeast

3 War god

4 Plaid fabric

5 Ice mounds

7 Two, in Tijuana

Crossword

Crossword	1									
Across	1	2	3	4		5	6	7	E	8
1 Imp 5 Awful	12	T	\top	\top		13	T	T		14
8 Decline, with "on" 12 Old Italian money	15	+	+	+		16	+	+	17	
13 ld counterpart										
14 Sheltered 15 Addict	18				19				20	Т
16 Limit				21	+	+		22		+
18 Alter the presenta-				70						
tion 20 Tract of wasteland	23	24	25			ê	26			
21 Donkey	30	+	+		077	31	-	+		1777
22 Card player's call	30	1				31				
23 Reek 26 Turn over a new leaf	33	T	†	34	35		T		36	37
30 Charged bit					_	╄			_	╀
31 See 54-Across 32 Pair				38		1		39		
33 Fix the locks?	40	41	42		+		43		+	+
36 Rash 38 U.K. reference bk.		_	-		-			₩		
39 Namely (Abbr.)	47			1		48		1		49
40 Plant swelling 43 Put back the way it	50	T	\top	\top		51	\top	T		52
was	53	+	+	+	3	54	+	+	-	55
47 Check	00	1	1	1			1	1		

8 Mom or dad 9 Others (Lat.)

10 Denomination 11 Brother of Cain and

Abel 17 Anything but that

19 Request 22 Obtain

23 Round Table address 24 Pirouette pivot

25 The chosen 26 Regret 27 Billboards 28 Trench

29 "- Story 3" 31 Antiquated

34 War dance percus-35 2001, e.q.

36 Owned by that guy

37 Montezuma's peo-39 Where the action is

40 Historic periods 41 Sandwich shop

42 "Cómo - usted?" 43 Skaters' 39-Down 44 Elliptical 45 Nevada city

46 Formerly, formerly 48 Candle count

Sudoku

3					9	8	5	
	8			7		1	4	
1			8					7
				4			6	1
		8				9		
9	6			3				
8					6			2
	9	3		2			1	
	2	5	7					9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Big Al, you might be living with a creepshow, good thing I think you're cute. See ya later for some dancing. Love, THE FLASK

Dear Brian B., A lot of words to say but we both already know how much We Love Each Other, just wanna let everyone know that we'll do everything we can to make our relationship more stronger, happier and will last forever. *Advance Happy 2 yrs. 4 months my Boo* Love, Jco

Eric I can not believe that we meet 3 years ago and that we are going be married in 5 months. I love you so much and can not wait to spend the rest of my life with you. We built our relationship so strong no one can tear it down. I love you monkey your always and forever MARTINA

10

28

32

44 45 46

Α	N	Т	1		M	1	D		Α	R	Α	В
C	0	R	N		Α	К	A		D	E	C	0
E	P	1	C		D	E	M	1	J	0	Н	N
D	Е	М	Α	Ν	D		Р	0	U	R	Е	D
			S	Е	E	М		U	R	1		
D	Е	M	E	Α	Ν	0	R		E	E	L	S
0	٧	A		Т	Е	N	0	R		Ν	E	E
Н	Α	R	P		D	E	M	Ε	N	Т	1	Α
		K	1	D		Υ	Α	L	E			
1	Ν	S	T	Ε	P		Ν	Υ	М	Р	Н	S
D	E	М	0	С	R	Α	Т		C	0	0	P
L	E	Α	N		0	В	1		0	L	L	Α
E	R	N	S		F	C	C		Ν	0	D	S

➤ Yesterday's answer

Today

6°/-1° Partly sunny

Wednesday

7 3 2

1 6 5





1 3 5 6 7 2

6 9 8 5 4 1

4 7 2 8

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Today's horoscope

T Aries March 21-April 20

Some things happen without any apparent rhyme or reason and you need to accept that.

Taurus April 21-May 21 You have serious responsibilities to take care of and there can be no more excuses.

II Gemini May 22-June 21 YOU will be inspired to reach out to other people.

G Cancer June 22-July 22 Someone in a position of authority will smile on you today. Ω Leo July 23-Aug.23 You can

still turn a lost cause into a tri-

umph.

W Virgo Aug. 24- Sept. 22 This should be a lucky day for you but to what extent depends on your willingness to make sacrifices for the wider good ← Libra Sept. 23-Oct. 23 The

more challenging a situation is the more it can help you grow. M Scorpio Oct. 24-Nov. 22

Don't waste your precious time arguing with people who to your way of thinking are foolish in the extreme.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

₹ Sagittarius Nov. 23-Dec. 21 Choose your goals carefully today. Make them special.

り Capricorn Dec. 22-Jan. 20 Steer clear of other people's fights and feuds.

Aquarius Jan. 21-Feb. 18 Someone you have to deal with today will be all over the place, both mentally and emotionally. H Pisces Feb. 19-March 20 .

Reach out to the world over the next 24 hours. Remind people you're still alive and kicking. SALLY BROMPTON





WIN! write it!

Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.



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